

Please use **BLOCK CAPITALS** to fill out this form

Personal Details			
PERSON 1		PERSON 2	
Name:		Name:	
Address:		Address:	
Contact No:		Contact No:	
Email:		Email:	
Gender: Male <input type="checkbox"/> Female <input type="checkbox"/>		Gender: Male <input type="checkbox"/> Female <input type="checkbox"/>	
Date of Birth:		Date of Birth:	
Child 1	Name:	D.O.B	
Child 2	Name:	D.O.B	
EMERGENCY CONTACT			
Name:		Contact No:	
MEMBERSHIP CATEGORIES			
Single <input type="checkbox"/>	Couple <input type="checkbox"/>		Family <input type="checkbox"/>
Over 55's <input type="checkbox"/>	Student <input type="checkbox"/>	Child <input type="checkbox"/>	Special Offer <input type="checkbox"/>
MEMBERSHIP TERM			
3 months <input type="checkbox"/>	6 months <input type="checkbox"/>	12 months <input type="checkbox"/>	Other:
PAYMENT METHOD			
Cash <input type="checkbox"/>	Card <input type="checkbox"/>	Cheque <input type="checkbox"/> <small>Made payable to Actons Hotel</small>	Direct Debit <input type="checkbox"/> <small>Additional Forms Required</small>
Total Paid:		<i>*Direct Debit option requires 2 months payment in advance (the first &amp; last months) and includes a small administration charge. Please call into the club to complete a mandate form.</i>	
OFFICIAL USE ONLY			
Start Date:		Expiry Date:	
Membership No:		Receipt No:	Staff:
Gym Induction Book Yes <input type="checkbox"/> No <input type="checkbox"/>		If no, why:	
Safety Features Explained Yes <input type="checkbox"/> No <input type="checkbox"/>		Pool	Gym
ID Check: Yes <input type="checkbox"/> No <input type="checkbox"/>		ID last 4 Digits:	Form of ID:
Please note the hotel's privacy policy on the website			

# MEDICAL QUESTIONNAIRE

Please circle if any of the following apply to you or your family:

High/Low Blood Pressure	Y / N	Asthma	Y / N
Diabetes	Y / N	Epilepsy	Y / N
Arthritis	Y / N	Osteoporosis	Y / N
Heart Problems	Y / N	Lung problems	Y / N
High cholesterol	Y / N	Breathlessness	Y / N
Joint Problems	Y / N	Muscle problems	Y / N
Dizziness	Y / N	Allergies	Y / N

Please detail any injuries/ailments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Are you pregnant or have you recently been pregnant? Y / N

Have you undergone any surgery recently? Y / N

If so, please detail: \_\_\_\_\_

Are you taking any medication at present? Y / N

If so, please detail: \_\_\_\_\_

Is there anything else that may affect the use of the facilities? Y / N

If so, please detail: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**We would recommend that anyone thinking of taking up exercise of any form should inform their doctor prior to joining**

The information I have supplied above is correct and I will endeavor to make known to Actons Health & Fitness Club staff any changes in my or my family's medical status.

Signed \_\_\_\_\_

Date \_\_\_\_\_

## Actons Health and Fitness Club

### Rules and Regulations

#### 1. The Club.

- The Hotel and Leisure Centre have a Covid 19 Response Plan which includes procedures for cleaning and disinfection, managing a suspected case of Covid 19 and staff training. All procedures are reviewed on a regular basis and guidelines and advice are obtained from a number of official sources.
- If you have symptoms of Covid-19, have been diagnosed with confirmed or suspected Covid-19 infection in the last 14 days or if you have been advised by a doctor to self-isolate at this time please do not use the facilities.
- Members of the club are bound as a condition of membership to comply with the rules set out below. This is to ensure that facilities are properly and safely used, and that all members have full advantage of them without interfering with the enjoyment of others.
- The opening hours of the club are as follows:
  - ❖ Monday- Friday: 6.30am – 9.00pm
  - ❖ Saturdays, Sunday and Bank Holidays 8.00am -8.00 pm
- Last entry is 30 minutes prior to closing
- Members must vacate the building 15 minutes after closing time.
- The club reserves the right to vary the opening hours as considered necessary for the proper operation of the club.
- Certain facilities are out of bounds to members at allocated times due to classes. Classes are subject to change without prior notice.
- Certain facilities may be out of bounds due to unforeseen circumstances/ maintenances and can be closed any time at the Leisure Clubs discretion

#### 2. Membership.

- By joining the club you are allowing us to create an account for you on our electronic system. This includes information from the application form, picture and bank details (where applicable). This information will be stored according to our GDPR policy.
- Members must present their membership card each time they visit the club. The club reserves the right to refuse entry without presentation of this item.
- The club has absolute discretion to reject any application for membership or renewal of membership, or to terminate any membership at any time without giving reason to do so.
- Entry will be refused to anybody suspected to be under the influence of alcohol or drugs
- The club reserves the right to require any member, guest or other person to leave the premises at any given time.
- For health and safety reasons children 15 years and under must be accompanied by an adult at all times.
- Children 15 years and younger are only permitted to use the swimming pool. The use of any other facilities is strictly forbidden.
- Children 15 years and younger are not permitted access to the Leisure Centre after the hours of 7pm and must exit the building no later than 15 minutes thereafter
- The club reserves the right to restrict the number of persons using the club at any given time and can refuse admission to any guest.
- All membership is non- refundable.
- Termination of Direct Debit membership requires a minimum of 30 days' notice. Actons will not be held responsible if monies are debited from your account if the termination is requested later than the required 30 days. Actons reserves the right to request any payments missed or monies owed at any time.

### 3. Health and Safety.

- Members are required to shower before using the pool, sauna, steam room and Jacuzzi.
- Appropriate clothing must be worn in both the pool, sauna, steam room and Jacuzzi (appropriate swim wear, hats, flip flops) and gymnasium (runners, exercise clothing)
- If clothing is deemed to be inappropriate we reserve the right to refuse entry
- Before using the leisure centre a medical form should be filled out to inform us of any medical issues that we should be aware of. If necessary this information would be shared with the leisure club team and Acton's management
- Users are advised to undertake a basic introductory session with one of the fitness staff followed by further sessions to ensure that you understand the equipment and adopt a safe training regime that suits your needs.
- The use of a towel/paper towel in the gym is advised to wipe down each piece of equipment after use.
- Food and drink, except water are not permitted on the pool deck, in the changing rooms or in the gymnasium.
- Glass bottles are not permitted within the club
- Smoking or vaping is not allowed anywhere in the club and a distance of 10 meters from the building
- Lockers are provided for the use of members and guest and all items are to be removed with leaving.
- Actons holds no responsibility for any articles lost, stolen or damaged.
- All clothing must be placed in lockers provided.
- Swimming hats must be worn in the pool at all times.
- Any articles left unattended in the club is at the owners risk and the club will not accept any liability.
- In the event of an emergency each member must follow the directions of the member of staff.
- All accidents must be reported to a member of staff.
- Shaving is not permitted in this club.
- Actons Hotel are committed to providing an appropriate leisure environment for all members and guest and any abuse of the internet access to download inappropriate or offensive material which may be viewed inadvertently by other members or guests will be reported to the relevant authorities.
- Take special care when using steps. Flip Flops or training shoes should be worn at all times.
- Sauna users are forbidden to use oils and liquids on the sauna. Only filtered water can be used.
- Mobile Phones are not permitted on the pool deck, sauna or steam room

#### **BY USING THE LEISURE CENTRE YOU ARE DECLARING THAT:**

- You do so at your own risk
- You are fit to partake in the activities available in the Leisure Centre and you have taken/provided all medical provisions from a health professional.
- You will take all precautions to ensure the safety of yourself and other.
- You have read all available material on the rules and regulations available at the leisure centre.
- The club will use its best endeavours to ensure that all facilities are maintained in good working order. However, the club accepts no responsibility for failure or breakdown of facilities however caused.
- In the event of any dispute arising between a member and management of the club, the decision of management is final.
- You agree to abide by the clubs rules and regulations, which may be varied by the club at its sole and absolute discretion.
- I acknowledge that by purchasing membership I am buying into a contract whereby I accept all terms and conditions stated.

I have read thoroughly, understand and accept the terms and conditions of membership outlined:

Signature: \_\_\_\_\_

Date: \_\_\_\_\_